What's new in the management of glaucoma? Lifestyle adjustments may reduce the risk of glaucoma

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There is a new focus on lifestyle changes, which may help reduce the risk of glaucoma, especially in individuals with family history, obesity, diabetes, and hypertension.

Lifestyle changes that may reduce the risk of glaucoma include:

1. **Exercise**: Both aerobic and strength training exercises may lower IOP. Aerobic exercise, such as brisk walking, swimming, or cycling, can decrease IOP by 5-15 mmHg. Strength training, such as weightlifting, can also lower IOP.

2. **Diet**: A healthy diet rich in fruits, vegetables, and omega-3 fatty acids can lower IOP. Specifically, foods rich in vitamin C, vitamin E, and omega-3 fatty acids have been shown to lower IOP.

3. **Smoking**: Quitting smoking can lower IOP by 10-15 mmHg. Smoking increases IOP by causing constriction of the pupil and narrowing of the trabecular meshwork.

4. **sleep**: Adequate sleep can lower IOP. Sleep deprivation can increase IOP by 10-15 mmHg.

5. **Avoidance of caffeine**: Caffeine can increase IOP by 2-3 mmHg and should be avoided in patients with glaucoma.

6. **Drinking water**: Excessive water intake can increase IOP, so patients should be encouraged to drink water slowly and in moderation.

7. **Avoidance of alcohol**: Excessive alcohol consumption can increase IOP and should be avoided.

8. **Drug use**: Some medications, such as alpha-blockers and beta-blockers, can lower IOP, while others, such as corticosteroids, can increase IOP.

9. **Using glaucoma medication**: Patients should be encouraged to use their glaucoma medication as prescribed to keep their IOP at a safe level.

In conclusion, lifestyle changes can play a significant role in reducing the risk of glaucoma. Patients should be encouraged to adopt a healthy lifestyle to reduce their risk of developing glaucoma.

**References**

1. **Oxidative damage**: A high BMI has been associated with increased oxidative stress, which may contribute to increased IOP. Patients with a high BMI should be encouraged to adopt a healthy lifestyle to reduce their risk of developing glaucoma.

2. **Sleep apnea**: Sleep apnea is associated with increased IOP, and patients with sleep apnea should be referred for further evaluation.

3. **Excessive water intake**: Excessive water intake can increase IOP, and patients should be encouraged to drink water slowly and in moderation.

4. **Excessive alcohol consumption**: Excessive alcohol consumption can increase IOP, and patients should be discouraged from excessive alcohol consumption.

5. **Drug use**: Some medications, such as alpha-blockers and beta-blockers, can lower IOP, while others, such as corticosteroids, can increase IOP.

6. **Using glaucoma medication**: Patients should be encouraged to use their glaucoma medication as prescribed to keep their IOP at a safe level.

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